



May 2011

# South Dakota Family Focus

A Monthly Update for South Dakota National Guard Service Members and Families

SDNG Family Programs

1-800-658-3930

<https://sdguard.ngb.army.mil/sites/famsup/default.aspx>

## CALENDAR OF EVENTS

### MAY

21—Living In the New Normal: Helping Children Thrive In  
Good and Challenging Times Practicum  
31 - Memorial Day

### JUNE

6-10—SD Military Teen Camp, SDSU, Brookings  
24-26—Youth Council Meeting, Sioux Falls

### JULY

18-22—SD Military Youth Camp, Camp Bob Marshall, Custer  
24-28 - National Volunteer Workshop & Youth Symposium,  
Louisville, KY

### AUGUST

7 - Youth Council Assistance @ SDANG Family Day

## From the State Family Program Director

This May we welcome back the 196<sup>th</sup> Maneuver Enhanced Brigade (MEB) from a successful deployment to Afghanistan and wish well the 200<sup>th</sup> Engineer Company as they leave for their deployment to Afghanistan. While the 196<sup>th</sup> MEB may be located in Sioux Falls and the 200<sup>th</sup> Engineers in Pierre, Chamberlain, and Mobridge, their Soldiers are from all across South Dakota and some neighboring States as well. So then, how do FAMILIES of deployed Service Members remain connected during times of deployment when we are spread out so?

For the Army Guard - **Family Readiness Groups!**

For the Air Guard - **Key Spouse Program!**

Family Readiness Groups and the Key Spouse Program are effective avenues to gain information about the military and how it works, learn about military benefits and resources available, receive official news from your unit, and develop a "common bond" of emotional and physical support. Much of these group's opportunities appear in the form of training conducted by our State program coordinators or lead volunteers. Ask your lead volunteer or coordinator for more information on training that is, "Coming soon to a unit event near YOU!" (See page 2)

Let me encourage you contact your Service Member's unit for more information about how you may get involved in your Air Guard Key Spouse Program or Army Family Readiness Group. Don't wait for a deployment – do it now!

Serving you, LTC Jacobson, [bryan.jacobson@us.army.mil](mailto:bryan.jacobson@us.army.mil)

PS. Don't forget about SD Military Camps for Youth & Teens! You'll find more information on page 2.

## For Your Information

America's Best Idea – the national parks – gets even better with several **fee-free** days at more than 100 national parks that usually charge entrance fees ... Check out this website

<http://www.nps.gov/findapark/feefreeparks.htm>

*From your Family Assistance....*

*SPRING has sprung* and as a Military Family spring brings green grass, flowers and Annual Training. Is your Family prepared if an emergency were to occur while your Service Member is away? Emergencies strike when we least expect and the only way to prepare is to always be prepared.

Whether your Service Member is attending annual training, drill weekend, basic training or any other Military Training Families should know the following: Service Member social security number, date of birth and the South Dakota UNIT of assignment. If your Service Member is traveling out of state you should have the unit name your Service Member is assigned and mailing address.

Even when our Service Members are away you can reach your loved one by phone. But BEFORE you notify your loved one by cell or face book of a family emergency PLEASE consider the impact the information may have on your Service Member. Some emergencies should be processed through Red Cross or the Family Assistance Office so measures of support can be placed to provide our Service Member with the comfort and care to best deal with the situation.

If you have ANY questions regarding the process or would like our assistance in dealing with an emergency please feel free to contact us. The Family Assistance Center phone number is 1.800.658.3930.

## Employers are part of military support systems

Our Services Member's employers are an important part of our military support system and so are the employers of our military families. Every day, these employers are making sacrifices for our military families by adjusting work schedules, giving additional time off, sending care packages, or just asking how things are going during a deployment or long period of service. It is important that you recognize your employer's support to you, your service member and your family.

Spouses can now recognize their employer's support by nominating them for the Employer Support of the Guard and Reserve Patriot Award. Log on to [www.esgr.org](http://www.esgr.org) and select programs/Patriot award to nominate. Your employer will receive a Department of Defense Certificate of Appreciation and a Patriot lapel pin. When completing the employer recognition form, take a few moments to explain why your employer deserves to be recognized.

Employer Support of the Guard and Reserve is a Department of Defense organization that seeks to promote a culture in which all American employers value the military support of their employees. We recognize outstanding support, increase awareness of the law, and resolve conflicts through mediation. If you have any questions about ESGR or the Patriot Award please contact CPT Lona Christensen at 605-737-6540 or [lona.christensen@us.army.mil](mailto:lona.christensen@us.army.mil).

# CELEBRATE SPRING!!!

## Spring Greetings from the Youth Program!

We understand what a busy time of year this is for everyone. Please don't hesitate to contact us with any questions:

### **Taryn Broomfield, State Youth Specialist**

BPSI Contract Employee  
2823 W. Main St. Bldg. 509  
Rapid City, SD 57702  
605-737-6919 / 605-415-1807  
[taryn.broomfield@us.army.mil](mailto:taryn.broomfield@us.army.mil)

### **Candice Tvinnereim, Deployment Youth Specialist**

BPSI Contract Employee  
120 W. 11<sup>th</sup> Ave.  
Webster, SD 57274  
605-345-4621 Ext. 7353 / 605-787-3312  
[candice.tvinnereim@us.army.mil](mailto:candice.tvinnereim@us.army.mil)

It's time for **Youth and Teen Camp!** For further information and camp applications, please visit the Family Programs website at <https://sdguard.ngb.army.mil/sites/famsup/default.aspx> - select "Youth Program" and then youth camp or teen camp. We look forward to seeing you!

- SD Military Youth Camp – July 18-22<sup>nd</sup> at Camp Bob Marshall near Custer
- SD Military Teen Camp – June 6-10<sup>th</sup> at the SDSU Campus in Brookings (in conjunction with 4H)

Additional camp opportunities for military teens:

#### Joint Reserve Component Teen Leadership Summit

The Joint Reserve Component Teen Leadership Summit is open to 14-18 year old dependents of current military members serving in the Army National Guard, Army Reserve, Marine Corps Reserve, Navy Reserve, Air National Guard, Air Force Reserve, and Coast Guard Reserve. The week-long Summit is centered on fostering leadership skills and self-confidence and will take place at Wahsega 4-H Center on 10-15 July 2011, in Dahlonaga, GA. Teens will participate in high adventure activities, interactive leadership workshops, and environmental education classes. Airfare, transportation during the Summit, camp registration fees, meals, and lodging are covered by grant funding from the Extension-Military Partnership through funding from the Office of Secretary of Defense-Military Community and Family Policy and National Institute of Food and Agriculture/US Department of Agriculture.

Additional information (including instructions for teen applicants and adult volunteers) is available at the following website: <http://www.georgia4h.org/jointreservesummit/> The application process is completed online and the deadline is 20 May 2011.

#### DoD Military Teen Adventure Camps

Military teens, ages 14-18, have an opportunity to participate in adventure camps scheduled for April 2011 through April 2012. The Defense Department has teamed up with the Agriculture Department and 12 land-grant universities to offer military teens low-cost, high-adventure camps at 50 locations. The camps are open to all services, both active and reserve; however participation will be on a first-come, first-served basis. All of the camps are accredited through the American Camping Association, and most will have a Military Family Life Consultant (MFLC) in attendance, officials said. These high energy, high adventure, and high experience camps are planned across the United States from Alaska to Maine and from Colorado to Georgia, as well as states in between. Each camp offers a unique outdoor experience that will allow you to build your leadership, self-confidence, and teamwork skills. Camps have funding available to assist with transportation costs. Camps for youth with special needs (mental, physical, and emotional) are also planned in California, Ohio, and New Hampshire.

For further information on camp dates, locations, and registration, please visit the following website: [https://www.extension.purdue.edu/Adventure\\_camps/campshome.html](https://www.extension.purdue.edu/Adventure_camps/campshome.html)

## Coming Soon To A Unit Event Near YOU!

A new requirement benefiting service member and military family wellness has been implemented in time for summer unit picnics and events. Each unit location will be providing resiliency training at no charge to service members and families of the National Guard.

These trainings are opportunities designed to fortify our personal defenses against life challenges that impact readiness at all levels. It is each unit's goal to provide pertinent quality of life education to all members and families.

Some examples of classes that will be offered are: Personal Finance and Debt Reduction, Understanding Credit, Investing for Your Future, Protecting Your Family in a Digital Era, Communication, Successful Conflict Resolution, Marriage Enrichment, P.I.C.K for Single Service Members, and Enhancing Resiliency in Children.

Watch for information so that you can attend resiliency training classes at your unit. Information will be sent to you via your Family Readiness Group Lead Volunteer, and included in your service member's drill letter.

A resilient family is a family ready for anything. For more information on resiliency visit:

<http://www.resiliencycenter.net/courses/family.aspx>

### **Lynn Wright**

**Sr. Family Readiness Spt Asst.**

Phone: 605-737-6089

E-mail: [lynn.wright@us.army.mil](mailto:lynn.wright@us.army.mil)

### **Bethany Erck**

**MEB Family Readiness Spt Asst.**

Phone: 605-357-2970

E-mail: [bethany.erck@us.army.mil](mailto:bethany.erck@us.army.mil)

### **Sheri Bartunek**

**RSG Family Readiness Spt Asst**

Phone: 605-737-6310

E-mail: [sheri.bartunek@us.army.mil](mailto:sheri.bartunek@us.army.mil)

**What is the PDHRA?**- the Post Deployment Health Re-Assessment is an important and unique health screening that examines for health concerns – both physical and mental- caused by work in a combat area. You should take a PDHRA three to six months after deployment, which is when research shows that signs and symptoms may appear. Essentially, the PDHRA involves Post-Deployment Training IAW AR 350-1, a simple questionnaire and a one-on-one, confidential conversation with a health care provider.

#### **Who must take the post deployment health reassessment (PDHRA)?**

Anyone who has served time in a combat area: Active Duty, Army Reserve, Army National Guard, Individual Ready Reserve, Department of the Army (DA) civilians.

Specific guidance on taking the PDHRA is available by contacting your Chain of Command, because the process varies depending on Component and your location.

#### **What Family and Friends need to know:**

Research reveals that your encouragement to take the PDHRA has a strong influence on your Soldier or DA Civilian. His/her participation in the PDHRA will have a positive impact on your relationship. It will bring all peace of mind and, if necessary, set your Soldier or DA Civilian on the path to recovery.

**Find us on FACEBOOK at**

[www.facebook.com/southdakotationalguard](http://www.facebook.com/southdakotationalguard)